Manifesting Your Desires Using Reiki

"Is it really possible to manifest my desires?"

What is manifesting?

A definition of manifestation is “to bring into form.” Using energy, focus and intention to help to create the best outcome in our lives."

You may have an idea of what you want (to have a new home, or car) but you feel it will never happen. Here I show you how reiki can be used along with manifesting techniques.

Look back at your life, I am sure you can find that way back you had some desires that at some point in your life came true.

Consciously or not, we manifest all the time. Our every breath, every thought and emotion shapes what we call our reality. Every moment of our existence is a creation process.

Therefore, we don’t really need any tools. However, many of us have such chaos in our head most of the time, we need help focusing on what we really want to create in our life. The manifesting tools are many and I will include some examples.

Can I Create My Own Desires?

You really can create what you want because the universe is full of opportunities

Here are some examples:-

Material things like a new house or car

A new relationship

Greater happiness or fulfilment

Increased well-being

Take some time now to think of some of your own desires…

What do you want to change in your life?

Or what would you like some more of?

However, if you have a belief system that doesn't support this you will be limited in life and to what is on offer to you. Someone else will always get the job ahead of you or have more money because they believe they are worthy.

Stick to your old beliefs and nothing will change. However, if you use reiki to bring new thinking and opportunities, your life will change for the better.

What are your belief systems that are holding you back?

I never get what I want

I don't have enough money right now

Nobody in my family has ever achieved that

I'm too old/too young/too poor/too stupid

Think of some of your own examples here…

How Does the Reiki Work?

The universe is infinite and is composed of tiny particles so small that measuring them all is difficult. In fact the universe is so vast, so infinite, that it is without beginning and end, there is no time and space dimension.

Anything and everything is created through the mind of the invisible universe and then materialises within the visible world. It is the non-physical part of the universe that we cannot sense (see, hear, feel, taste or smell) because there is no time and space. Everything in the universe is NOW – there is no past, present or future.

The universe is not static, everything is vibrating, the atoms, molecules, subatomic particles, and they have their own vibrational frequency. Even you have your own vibrational frequency called your aura. So everything vibrates and is moving, attracting and repelling according to its vibrational level.

Mikao Usui's Reiki Principle of Gratitude

Society today seems to be wanting bigger, better and more and it is easy to forget how much we have, compared to our grandparents.

It is important to value what we have and to show appreciation. So take time every day to be thankful for what you have, maybe reflecting at night on what blessings you have received that day.

The universal law of abundance says that the more gratitude you demonstrate, the more abundance the universe will shower on you. Because you are emanating positive thoughts and positive energy which attract more positive things into your life.

> ***"So just for today, show appreciation and give thanks for your many blessings."***
>
> ***(Mikao Usui)***

Manifesting Money Energy

Money is simply another form of energy – it is what we do with it that makes it positive or negative.

By viewing money in energetic terms you can open yourself up to infinite amounts of energy and it is unlimited energy. Money gives you the freedom to buy interesting experiences and to help others.

When manifesting it is important for you to receive what comes your way and for you to show gratitude – this way you are opening yourself up to receiving even more.

Fear of a lack of money or of losing it, creates a negative resonance of fear. So a person will attract to themselves, the exact opposite of what they would like and they experience even greater poverty and debt.

Money is of course only one form of abundance and money doesn't automatically grant happiness or health, and there are plenty of miserable millionaires out there!

> ***"The truly rich are those who enjoy what they have."***
> ***(proverb)***

Manifesting Techniques

- Write a short story to describe your ideal life – make sure that you use positive language. Make it colourful and descriptive so that your mind and the universe can be in no doubt what it is that you want to manifest.
- Alternatively paint or draw a picture of what you want - you don't have to be a brilliant artist!
- Make a collage or vision board, made from old magazines/brochures to build a picture of what you want to attract.
- Create a vision board on your computer.
- Take quiet time out to meditate and relax, to visualise how you would like your life to be. Don't rush the process and really see and feel the experience of your life as you want it.

Make sure what you are manifesting is specific (not vague) and is meaningful to you. The universe will give you exactly what you ask for so be very clear!

> ***"By asking for the impossible we obtain the best possible." (proverb)***

What Happens Next?

State your intention

Having decided what you would like to manifest, now is the time to ask for intervention of the universe and there are a number of different ways to do this. Some involve reiki symbols but you don't have to use them if you have not been taught reiki. They work on their own just as well.

Meditate or visualise yourself in the future as having already received what it is you manifested, make it as big and bold as you can, the bigger the better.

Request out loud that the reiki manifest or bring you what you require "I ask that the reiki manifest for me… or bring me (describe what you would like to manifest)

If you have written or painted your 'life story' or made a collage or vision board you can draw the reiki power symbol over it to activate the reiki.

Very importantly always say thank you to the reiki and the universe for delivering your request even if you are doing this in advance.

i am
grateful

Finally...

Always show appreciation and gratitude for what the universe and reiki delivers, as it is for your highest and greatest good.

Remain positive and use positive language, have trust and belief that it will be delivered to you.

Regularly activate by using the reiki symbols or meditating/visualising.

Once you have received what you manifested, you can do some more of these exercises to manifest new things for yourself.

So the process of manifestation continues its cycle and so too does the universe.

Have fun manifesting your desires

About Margaret

Hi,

I am Margaret Cook and I'm a Reiki Master. I work with healing energy and give therapy treatments to enhance well-being. I first trained in 2005 and this is when I started teaching reiki and giving healing sessions.

In 2009 I came across an article about Penelope Quest, who is an international author of several best-selling reiki books. She only taught a couple of reiki courses each year as she was so busy writing. So I was excited to enrol on her next course, where I learnt many of the traditional Japanese methods of reiki healing which I had been searching for since I first started my reiki journey.

In my teaching I am always delighted to share my knowledge and experiences of reiki with my students.

I hope that you enjoy the benefits of your manifestation and have more health and happiness in your life.

Best Wishes

Margaret